

What if I think my child has been exposed to lead?

- Tell your child's doctor that you are worried and why.



- If your child doesn't have a regular doctor you can look at the back of this pamphlet for local resources.
- The doctor may recommend that a blood test be done to check the child's level of lead.

What can I do to reduce my child's exposure to lead?

- Wash your children's hands and faces often, and always before they eat.
- If a child puts toys in his/her mouth, it is important to wash toys often.
- Because lead is absorbed better on an empty stomach, make sure children eat regular meals and that their diets are high in iron & calcium.
- Mop and dust with a wet rag so that dust does not become airborne and inhaled.
- Keep children away from things that you know or think might have lead, like chipping or peeling paint, Mexican candies with chili, etc.

Local Resources for Lead Information and Screening

Washoe County District Health Department	Information on lead 328-2441
HAWC Clinic	Sliding-fee screening 329-6300
Orvis Nursing Clinic	Sliding-fee screening 327-5000
St. Mary's Neil J. Redfield Health Center	Screening for established patients only 770-3780
St. Mary's Sun Valley Children's Clinic	Screening for established patients only 674-5437



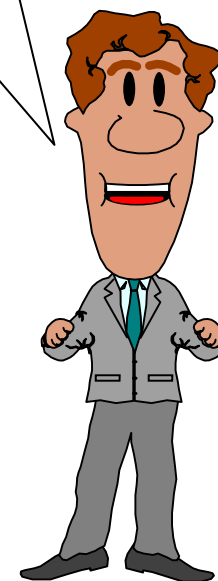
Washoe County District Health Department
1001 E. Ninth St. Bldg. B
Reno, NV 89512
Phone (775) 328-2400
Fax (775) 328-2279

WASHOE COUNTY DISTRICT HEALTH DEPARTMENT

DANGERS OF LEAD

Contact with lead can be dangerous to anyone, but children are especially at risk because they are still growing rapidly.

Learn how to protect you and your family!



Lead in Mexican Candy



- The U.S. Food and Drug Administration (FDA) is warning the public about some candy from Mexico that might contain lead. This includes candy with chili powder, like chili-coated lollipops and powders mixed with salt, lemon flavor and chili seasoning.



- The Health Department is recommending that children not eat the following:
 - Lucas® products
 - Candies made in Mexico with chili
 - Tamarind candies in ceramic containers from Mexico



Lead in and Around the House

- Lead can be found in water. Old lead pipes and service lines, and any faucets or plumbing parts may contain lead.



- Lead can be found in the paint used in older homes and apartments (built before 1978).



- Lead can be found in dust. This dust can be dust from paint, soil and pollution. It can also be dust that parents bring home from work.



- Lead can be found in some ceramics, pottery and leaded crystal and china



- Lead can be found in dirt.

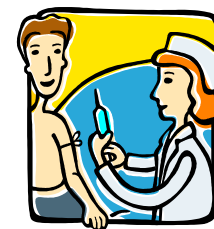


What can be the result of lead exposure?

- Contact with lead is most harmful to children under six years old.



- The level of lead in the body is determined by a blood test that measures the level of lead in the blood



- Lower levels of lead in the body can cause problems like:

- Trouble paying attention
- Behavior problems
- Learning difficulties

- Higher levels of lead levels in the body can cause problems like:

- Brain damage
- Liver and kidney damage
- Hearing loss
- Mental retardation
- Bone marrow problems

- Symptoms of high lead levels can include belly pain, vomiting, headaches, confusion, muscle weakness, seizures, hair loss, and anemia.